

Primary Newsletter- Number 20

Week 30th January - 3rd February 2022



WHAT HAVE WE BEEN LEARNING THIS WEEK?

PRESCHOOL

This week in Preschool, we discussed Healthy living. The importance of eating healthy and doing exercises daily. We revisited the phonic sounds and the beginning sound words we have learned so far. In Maths, we matched and sorted healthy and unhealthy food and reviewed recognising and writing the numbers one and two.

Reception

This week in Reception we discussed the importance of being active. We have done the Wakra Workout in the mornings and then other sport activities during the day. In Phonics we learned the 'oa' sound and in Math we continued subtracting numbers.

Year 1

Year 1 have been writing a detective story about Omar the Detective Rat. They have used some fantastic vocabulary and included features like noun phrases and conjunctions!

In Maths, Year 1 have been comparing groups and numbers between 11 and 20. In Foundation subjects, we hot-seated with Mary Anning. Year 1 thought of excellent questions about fossils.

YEAR 2

This week Year 2 have enjoyed learning about Tally Charts and Pictograms in Maths. In English, we have designed our own creature and started to write instructions on how to build a perfect home for it using our swag bag vocabulary. For Science, we explored the life cycle of a Plant.

Year 3

Year 3 have been using their writing tool kits to write a setting description. They have used similes to create a clear image in the reader's mind. In Maths, they have been working hard to solve multiplication calculations using the column method. They enjoyed creating a 'storm in a cup' to help them to visualise the water cycle.

Year 4

This week in Year 4, we have written our own instructional guide on how to defeat the Viking monster, Nidhoggr. In Maths, we have continued to look at multiplication and how to solve calculations using a range of methods. In Foundation, we explored Roman housing and identified the link between social hierarchy and living conditions. Lots of excitement was had today when the children made their own musical instruments out of cardboard to consolidate their understanding of 'Sound'.

Year 5

We have completed our cliffhanger narratives using a range of Year 5 writing features. In science, investigated how day and night occurs on Earth. In maths, we have mastered adding fractions with different denominators together. Lastly, in foundation we created moon crater artwork by exploring the use of different media.

YEAR 6

This week in Year 6, we have completed our diary entries set in World War II. In Maths, we have been identifying equivalent fractions, decimals and percentages. In Science, we did an experiment to measure the effect of exercise on the human body. In Foundation, we researched about some of the most bombed cities in Britain during the Blitz.

Español

Year 1: Has been learning the means of transportation linked to likes and dislikes.

Year 2: Has been learning to say what hurts linked to the parts of the body.

Year 3: Has been learning to describe the character.

Year 4: Has been learning to say emotions and feelings

Year 5: Has been learning to describe different types of weather.

Year 6: Has been learning to describe the weather using the Cardinal Points.

Music

This week Primary students have been playing music games, body percussion, drums, chime bars, ukulele and other percussion instruments. We are learning about musical notation and instruments of the orchestra (brass, percussion, woodwind, and string families) , listening to the sound of the instruments and trying to understand the difference. Students have been practising singing different melodies with SolFa hand signs. Pupils practised "Hello song", "Rain rain", "Count on me", "Roar", "Dance monkey"



These children
have had their
birthday this
week

Lolwa AlAli
Abdulla Al-Abdulla
Sanya Sharma
Ali Jassim Al-Hajri
Shobhit Kumar



School closed from 6th-10th February.

School resumes Sunday 13th February
2022.

Star of the Week

	Michael George Saibu		Malik Abdeldyem
	Zahra Shan		Amnah Nouman
	Maryam Al - Shaikhly		Tyler Arozoo
	Shaikha Al-Sorour		Innaya Akhtar
	Abdullah Syed		Joshua Goveas
	Elliot Yap		Yasmeen Abulainein
	Duaa Bashir		Nasser Al Dufairi
	Fatima Al-Salem		Jawaher Al-Khanji

TIMES TABLES ROCK STARS

CHAMPION OF THE WEEK



Year 2

Zaynab Rizwan



Year 5

AlJori Al Ali



Year 3

Eshaal Marufi



Year 6

Manomay Surana



Year 4

Student name





Information



Good sleep is important for your child's physical and mental wellbeing.

A relaxing bedtime routine is an important way to help your child get a good night's sleep.

Relaxation tips to help sleep

Doing the same relaxing things in the same order and at the same time each night helps promote good sleep:

- A warm (not hot) bath will help your child relax and get ready for sleep.
- Keeping lights dim encourages your child's body to produce the sleep hormone, melatonin.
- Once they're in bed, encourage your child to read quietly or listen to some relaxing music, or read a story together.
- You could also suggest your child tries some relaxing breathing exercise before bed.

Know how much sleep your child needs

The amount of sleep your child needs changes as they get older.

3-5 Year olds need 10-13 hours of sleep including naps. So, if your child is getting up at 5 am to come to school they should be in bed by 7 pm at the latest.

6-12 Year olds need 9-12 hours of sleep. So, if your child is getting up at 5am they should be in bed by 8 pm at the latest.

Avoid screens in the bedroom

Tablets, smartphones, TVs and other electronic gadgets can affect how easily children get to sleep.

Older children may also stay up late or even wake in the middle of the night to use social media.

Try to keep your child's bedroom a screen-free zone, and get them to charge their phones in another room.

Encourage your child to stop using screens an hour before bedtime.

Your child's bedroom

Your child's bedroom should ideally be dark, quiet and tidy. It should be well ventilated and kept at a temperature of about 16 to 20C.

Fit some thick curtains to block out any daylight. If there's noise outside, consider investing in double glazing or, for a cheaper option, offer your child earplugs.

Why Is Sleep Important For Children?

Sleep plays a crucial role in the development of young minds. In addition to having a direct effect on:

- happiness

research shows that sleep impacts:

- alertness and attention,
- cognitive performance
- mood
- resiliency
- vocabulary acquisition
- learning and memory



While this chocolate sandwich might look delicious, it is a food item that must **not** be sent in your child's lunch box. There is a massive amount of sugar in chocolate spreads, but most of these spreads also contain nuts. We have several children who are severely allergic to nuts, and even coming close to a product containing nuts could lead these children to be rushed to hospital.



Each week **all** pupils at DBS Wakra will be required to take an antigen test on a Friday or Saturday at home. Once you have the results, you must complete the declaration form with the results. Please, print the form and send it with your child on a Sunday, where the class teachers will collect it before being kept in the office for any Ministry inspections that are likely to occur.

[Parent consent form](#)

Please note all children include those who have recently recovered from COVID-19 and those who are fully or partially vaccinated.